

SUGGESTED USAGE: As a dietary supplement, take 1 tablet 1 to 2 times daily with a fat-containing meal or as directed by your healthcare practitioner.

HOW IT WORKS: Vitamin K consists of a group of structurally similar fat soluble vitamins including two naturally occurring vitamers, Vitamins K₁ and K₂. Vitamin K is well known for its role in blood clotting, but has also been found to play an important role in normal bone formation and the preservation of bone strength.* Vitamin K₂ more specifically is a significant regulator of tissue calcification and is critical for the maintenance of arterial elasticity and cardiovascular health.* Vitamin K₂ includes two of the most studied subtypes, MK-7 (Menaquinone-7) and MK-4 (Menatetrenone). MK-7 is the most readily absorbed and bioactive form of K₂, but there are no common dietary sources.* Unlike Vitamin K₁, which is stored in the liver, MK-7 is transported directly to tissues and has a longer half-life than either K₁ or MK-4.*

CAUTIONS/INTERACTIONS: If you are taking warfarin or other anti-coagulant medications, consult your healthcare practitioner before taking this product.

Do Not Eat Freshness Packet. Keep in Bottle.

PROTOCOL
FOR LIFE BALANCE®

MK-7

Vitamin K₂

160 mcg

- Supports Bone Health*
- Supports Vascular Elasticity*

60 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin K ₂ (as Menaquinone-7) (MK-7) (from Non-GMO Natto)	160 mcg	200%

Other ingredients: Cellulose, Magnesium Oxide, Stearic Acid (vegetable source), Silica, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Contains soy.

Manufactured by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.protocolforlife.com/P0993

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place, after opening. Please Recycle.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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